



March 2025

The Harry Chapin Food Bank
Participation Packet

The Harry Chapin Practice-a-thon

March 2025

We invite music students across Long Island to participate in our Practice-a-Thon in March. All proceeds go to Long Island Cares and its hunger relief efforts. Now, more than ever, our food banks need our help. Our mission is to strengthen your practice habits while empowering you to make a difference in your community. Learn more at hcpracticeathon.com.

What You Need to Do:

STEP 1

Ask your family members or friends to pledge a penny, nickel, dime, or quarter for each minute you practice. Even one penny a day will make a difference. Every \$5 raised supplies 3 meals!

STEP 2

Work to practice every day during March. If you need to miss a day, try not to miss two days in a row. Keep track of your practice minutes on the *Daily Practice Log*. The more you practice, the more you will help needy families, and the more you will strengthen your playing. Strive for 150 minutes a week or more.

STEP 3

In May, ask your sponsors to donate at the following link:

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E10717&id=345>

Or mail donations directly to

Long Island Cares – ATTN: Kaylin Peterson
10 Davids Drive, Hauppauge, NY 11788-2039
Checks should be made payable to Long Island Cares

Please thank your sponsors with a card or email.

Do NOT bring donations to your music teacher.

STEP 4

Bring your completed *Daily Practice Log* to your music teacher, who will keep track of your school's total minutes and contributions.

Hcpracticeathon.com



Musician's Name: _____



DAILY PRACTICE LOG

PLEASE TURN IN THIS FORM
TO YOUR MUSIC TEACHER

The Harry Chapin Practice-a-thon March 2025

Work to practice every day during March. If you need to miss a day,
try not to miss two days in a row.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
						1 ____ minutes	Total Week #1_____
2 ____ minutes	3 ____ minutes	4 ____ minutes	5 ____ minutes	6 ____ minutes	7 ____ minutes	8 ____ minutes	Total Week #2_____
9 ____ minutes	10 ____ minutes	11 ____ minutes	12 ____ minutes	13 ____ minutes	14 ____ minutes	15 ____ minutes	Total Week #3_____
16 ____ minutes	17 ____ minutes	18 ____ minutes	19 ____ minutes	20 ____ minutes	21 ____ minutes	22 ____ minutes	Total Week #4_____
23 ____ minutes	24 ____ minutes	25 ____ minutes	26 ____ minutes	27 ____ minutes	28 ____ minutes	29 ____ minutes	Total Week #5_____
30 ____ minutes	31 ____ minutes						

Student Name _____

Total Minutes _____

TOTAL DONATION _____

Musician's Name:



THE HARRY CHAPIN PRACTICE-A-THON PLEDGE FORM

PLEASE KEEP THIS FORM FOR YOUR RECORDS

Music students will devote the month of March to raising money to support families in need. Please pledge a penny, nickel, dime, or quarter for each minute of this musician's practice. Even small change will make a difference.

Name	Address or email	Pledge per minute	Total owed (<i>minutes practiced</i> x <i>pledge</i>)

**TOTAL
DONATION:** _____

Make donations at the following link:

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E10717&id=345>

Or mail donations directly to:

Long Island Cares, ATTN: Theresa Redlein
10 Davids Drive, Hauppauge, NY 11788-2039
Checks should be made payable to Long Island Cares

*Please thank your sponsors in person, with a card, or an email.
Thank you for helping families in need.*

Hcpracticeathon.com

SPONSOR DONATION REQUEST FORM

Copy this to an email or give it to your sponsors

Dear _____,
Sponsor's name

Thank you so much for supporting the Harry Chapin Practice-a-thon!

With your help, we are making a difference for needy families in NY.

During this last month, I practiced for _____ minutes.

And you graciously sponsored me for _____ a minute.

*Please send this form and your donation of _____ directly to the
food bank.*

Practice minutes x pledge

Sponsors can donate online at

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E10717&id=345>

Or mail donations directly to

Long Island Cares, ATTN: Theresa Redlein
10 Davids Drive, Hauppauge, NY 11788-2039

Checks should be made payable to Long Island Cares

In the memo section, please write the word "Practice-a-thon"

Thank you for working together with me to help families in need.



Hcpracticeathon.com